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Passionate Pursuit: How to Gelato



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Fior di Latte and Affogato al Caffè

Servings

Makes 1 quart

Ingredients

2 cups milk

2 cups heavy cream

1 cup sugar

1 tablespoon light honey

1/2 teaspoon vanilla extract

Procedures

- Heat the milk and cream in a large saucepan over medium heat.
- Add the sugar, honey, and vanilla extract, and stir to dissolve.
- Strain through a fine-mesh sieve into a glass or metal container, and refrigerate the gelato base until chilled.
- Process in gelato machine according to the manufacturer's instructions.
- Chill before serving.



Affogato al Caffè

Servings

Makes 1 scoop

Ingredients

1 scoop of Fior di Latte

1-2 oz. brewed espresso

Procedures.

- Pour 1-2 oz. brewed, slightly-chilled espresso over one scoop of Fior di Latte gelato.
- To avoid melting, eat immediately.



Vanilla

Servings

Makes 1 quart

Ingredients

5 large egg yolks
about 3/4 cup sugar
3 cups whole milk
1/4 cup Cream
2 vanilla beans*



Procedures

- Combine the whole milk, heavy cream and vanilla beans, sliced in half lengthwise in a saucepan. Heat the mixture just until it starts to bubble along the edges. Do not allow the mixture to boil. Remove from the heat.
- Remove the vanilla beans and scrape out the seeds with the tip of a small knife and add the seeds back into the milk mixture. Discard the vanilla bean shells .
- In a large bowl, beat egg yolks and sugar until pale yellow.
- While whisking the egg mixture add in about a cup of the warm milk mixture and combine together. Then add in the rest of the warm milk mixture to the eggs while continuing to whisk.
- Return liquid to saucepan and cook over low to medium heat, stirring constantly, until a custard forms. The custard should be thickened and coat the back of a wooden spoon. Do not allow the custard to simmer.
- Pour the custard through a sieve, and refrigerate, covered, until cold.
- Process in gelato maker according to manufacturer's directions.
- Chill before serving.

* The three common types of vanilla beans are Bourbon-Madagascar, Tahitian, and Ugandan. The flavor of the Tahitian bean was not strong enough, so we do not recommend using it. Bourbon-Madagascar is the type most conventional gelato makers use, but we found the Ugandan bean to have the most unique and appealing flavor.

Stracciatella

Servings

Makes 1 quart

Ingredients

1 quart of unfrozen vanilla gelato base

3 oz. semisweet chocolate chips

Procedures

- Heat chocolate in saucepan over a pot of heated water until melted.
- Pour base in gelato maker and process according to manufacturer's instructions
- During the last 2 minutes of freezing, drizzle chocolate into gelato maker in a very thin stream.
- Chill before serving



Pumpkin Spice

Servings

Makes 1 quart

Ingredients

3 c whole milk

¼ c heavy cream

2/3 c dark brown sugar

1/3 c sugar

7 eggs

¾ c pumpkin puree

3/4 tsp ground cinnamon

1½ tsp ground ginger

½ tsp ground nutmeg

1/8 tsp ground allspice



Procedures

- In a bowl, beat the egg yolks, brown sugar, and sugar with an electric mixer on medium speed until thick and dark beige, but still grainy, about 2 minutes. Set aside.
- Heat the milk, cream, and spices in a saucepan over medium heat until small bubbles frizzle along the pan's inner rim. Do not let the mixture come to a boil.
- Whisk half of the warm milk into the egg yolk mixture until smooth. Whisk this combined mixture back into the remaining warm milk.
- Whisk in the canned pumpkin; immediately turn the heat down to the lowest setting.
- Cook slowly, stirring constantly until the mixture thickens and can coat the back of a wooden spoon.
- Strain through a fine-mesh sieve or cheese cloth to remove any sediment, and refrigerate, covered, until cold.
- Process in gelato maker according to manufacturer's directions.
- Chill before serving.

Almond

Servings

Makes about 1 quart

Ingredients

A little over 2 cup slivered almonds

1/2 cup granulated sugar

1/2 cup light brown sugar

5 egg yolks

1 tablespoon Amaretto liqueur

¼ tsp almond extract

2 1/2 cups milk

1/2 cups heavy cream



Procedures

- Preheat the oven to 375. Spread the almonds in a single layer on a clean baking sheet and toast them for 12 to 14 minutes, or until they are golden brown and aromatic.
- Remove the almonds from the oven and place them in a medium saucepan with the heavy cream, milk and heat over medium heat until it simmers, stirring occasionally.
- Remove from the heat and let cool to room temperature. Strain out the almond pieces.
- In a large bowl, whisk together the egg yolks, granulated sugar and brown sugar until fluffy and lightened in color. While whisking constantly, pour the milk mixture into the egg yolk mixture and mix until combined.
- Return the mixture to the pan, set over medium-low heat and cook, stirring constantly, until the custard thickens. Pour the custard into a bowl and let cool, add Amaretto and almond extract, and cover and refrigerate until cold.
- Transfer the custard to a gelato maker and freeze according to the manufacturer's instructions.
- Chill before serving.

Chocolate

Servings

Makes 1 quart

Ingredients

2 ounces bittersweet chocolate

2 1/4 cups whole milk

1/3 cup heavy cream

3/4 cup minus 2 tablespoons granulated sugar

1 cup unsweetened cocoa powder

4 large egg yolks



Procedures

- Coarsely chop chocolate. In a 2-quart heavy saucepan bring milk, cream, and about half of sugar just to a simmer, stirring until sugar is dissolved. Remove pan from heat and add cocoa powder and chocolate, whisking until chocolate is melted and mixture is smooth.
- Have ready a large bowl of ice and cold water. In a bowl with an electric mixer beat yolks and remaining sugar until thick and pale. Add hot chocolate mixture in a slow stream, whisking, and pour into saucepan. Cook custard over moderately low heat, stirring constantly, until a thermometer registers 170°F. (Do not let boil.) Pour custard through a sieve into a metal bowl set in ice and cold water and cool. Chill custard, covered, until cold.
- Freeze custard in an ice-cream maker according to manufacturer's directions.
- Chill before serving.

Coffee

Servings

Makes < 1 quart

Ingredients

5 large egg yolks

1 cup sugar

1 1/2 cups whole milk

1 tablespoon instant espresso powder dissolved in 1/2 cup hot water



Procedures

- Whisk yolks and sugar in large bowl to blend. Bring milk to boil in heavy medium saucepan. Gradually whisk hot milk into egg mixture; then whisk in espresso mixture. Return mixture to saucepan. Stir over medium heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 8 minutes (do not boil). Refrigerate until cold, about 3 hours.
- Process custard in gelato maker according to manufacturer's directions.
- Chill before serving.

Hazelnut

Servings

Makes 1 quart

Ingredients

5 oz hazelnuts (1 cup)

3.5 cups whole milk

1/2 cup heavy cream

4 large egg yolks

1/2 cup plus 4 tablespoons sugar



Procedures

- Toast hazelnuts and rub off any skins in a kitchen towel, then cool completely.
- Pulse with 1/4 cup sugar and a pinch of salt in a food processor until finely chopped.
- Transfer to a 3-quart heavy saucepan and add milk and heavy cream. Bring just to a simmer over moderate heat, stirring occasionally, then remove from heat and let steep, covered, 1 hour.
- Pour mixture through a fine-mesh sieve into a bowl, pressing hard on and discarding solids.
- Beat together egg yolks and sugar with an electric mixer at medium speed until thick and pale, 2 to 3 minutes.
- Beat in milk mixture and transfer to cleaned saucepan. Cook custard over moderately low heat, stirring constantly, until an instant-read thermometer registers 175°F (do not let boil).
- Immediately pour custard through cleaned sieve into a metal bowl, then set bowl in a larger bowl of ice and cold water and cool, stirring occasionally.
- Chill custard, covered, until cold.
- Process in gelato maker according to manufacturer's directions.
- Chill before serving.

Peach

Servings

Makes 2 quarts

Ingredients

4 cans of peaches (7 cups)

1 1/2 cups milk

1/8 cup honey

3 egg yolks

3/4 cup heavy whipping cream



Procedures

- Place the peaches in a food processor and pulse until puréed.
- Heat the milk in a saucepan just until simmering. Add the honey and stir until dissolved.
- Whisk egg yolks into the milk mixture.
- Increase to medium heat and stir the milk mixture constantly until it begins to thicken and slightly and coats the back of the spoon.
- Stir in the peaches and cream. Mix well.
- Transfer the mixture to a gelato maker and follow the manufacturer's instructions.
- Chill before serving.

Raspberry

Servings

Makes 2 quarts

Ingredients

2 cups sugar

2 cups water

3 10-oz bags frozen raspberries

1/2 lemon, juiced



Procedures

- Bring sugar and water to a boil in a large saucepan. Cook, stirring occasionally, until sugar dissolves. Let syrup cool.
- Defrost raspberries in a saucepan until juicy.
- Pulse raspberries in a food processor or blender until smooth. Strain through a fine sieve set in a deep bowl or a large glass measuring cup. Using a rubber spatula, gently press down on the mixture to extract as much liquid as possible; discard solids.
- Transfer raspberry puree to a deep bowl or airtight container. Add syrup and lemon juice, and stir until well combined.
- Refrigerate for at least 1 hour.
- Pour mixture into a gelato maker, and freeze according to manufacturer's directions.
- Chill before serving.

Lemon

Servings

Makes 1 quart

Ingredients

3 lemons' peel, finely diced
3 cup water
3 cup sugar
1.5 cup lemon juice
1.5 cup carbonated mineral water



Procedures

- In a saucepan, stir together the diced lemon peel, 1 cup of water and sugar. Bring to a boil, then reduce heat to medium and simmer for 5 minutes. Remove from the heat, and allow to cool.
- In a pitcher or bowl, stir together the lemon syrup with peel, lemon juice and mineral water. Pour into an ice cream maker, and freeze according to the manufacturer's instructions. Garnish each serving with a twist of lemon peel.
- If you do not have an ice cream maker, you may freeze it in a tall canister. Freeze for 1 1/2 hours. Remove and stir with a whisk. Return to the freezer and stir about once every hour for about 4 hours. The more times you stir, the more air will be incorporated, resulting in a lighter finished product.

Strawberry-Basil

Servings

Makes about 1 quart

Ingredients

2 cups sugar

2 cups water

1/2 cup loosely packed basil leaves, roughly chopped

3 10 oz. bags frozen strawberries

4 tablespoons freshly squeezed lemon juice

3/4 tablespoons vodka



Procedures

- To make basil simple syrup, in a small pot over medium heat, combine water, sugar and basil leaves and bring to a boil. Remove from heat; steep 15 minutes, then strain the syrup into a clean container.
- Bring to room temperature or refrigerate until cold.
- Puree the strawberries in the food processor until smooth. Add the lemon juice, vodka and 3/4 cups of the basil simple syrup and pulse to combine. Chill the mixture for 1 hour in the refrigerator.
- Pour the chilled strawberry mixture into your gelato maker and freeze according to manufacturer's directions.
- Chill before serving.

Toasted Coconut

Servings

Makes 1 quart

Ingredients

1.5 cups shredded, sweetened coconut

3 13.5 oz. cans of coconut milk

2 cups sugar



Procedures

- Toast coconut in a pan over medium low heat, stirring occasional to prevent burning.
- When coconut is golden brown, add coconut milk and sugar.
- Set stove heat to medium and allow to boil, stirring occasionally.
- Once it's boiled, remove from heat.
- Cover and cool.
- Process in gelato maker according to manufacturer's directions.
- Chill before serving.

Flavor Selection and Improvement

The Big Plan: Generally-speaking, the big idea was to make a certain number of gelato and sorbet flavors every week and to have a consistent group of people taste and evaluate them every week.

The Tasting Panel: We chose a group of about six people to taste and give feed-back. They were asked to fill out the following form:

Flavor: _____		Name: _____		
Strengths:				
Weaknesses:				
Suggested Changes:				
Overall Rating:				
1	2	3	4	5

Flavor Selection: Every week we each chose one flavor. One person would select a sorbet to make and the other three would make the gelatos. If we were feeling ambitious, we'd choose a couple of extra flavors to tackle.

Flavor Improvement: After reading and sorting through all of the feedback we received from our tasting panel and our "Regulars," we determined what in our recipe needed to change in order to improve the recipe. For example, if some feedback said that the gelato was too icy, we'd add more cream or egg yolks, or if it said it was too sweet, we'd cut the sugar. Often, we'd go through several weeks of iteration before we and our tasting panel would be completely satisfied with the flavors.

How to: Make a Custard

Making the custard base for our gelato flavors was often tricky. Sometimes, the instructions on the recipes were not as specific as we wanted them to be. From our experiences in the kitchen, we've perfected our technique and boiled it down to this:

- Beat your egg yolks and sugar in the mixer (or by hand with a whisk) until it's smooth and a very pale yellow. This should take just 3 minutes or so.
- On the stove, heat up your milk and flavoring elements (i.e. in Almond, your toasted nuts and in Pumpkin, your spices) until small bubbles form on the edge of the milk's surface. Do not let your milk boil completely or else it will burn and stick to the bottom of the pan.
- Cool your milk mixture until it's at either room temperature or slightly above. You may just stick the whole pot in the fridge or in a big bowl full of cool water.
- Once your milk is cool, slowly pour it into the egg yolk mixture, while whisking.
- Whisk until homogeneous.
- Put the whole mixture onto the stove and turn the heat up to about medium-low. Heat, stirring constantly, until the custard thickens and coats the back of a wooden spoon.
- This part is tricky, so some other signs that the custard is ready are that the foam on the top of the custard clears completely and the mixture starts to steam.
- Be careful here, because the custard mixture can very quickly turn to scrambled eggs if you're not stirring or your heat is too high.
- If, by some misfortune, your custard has separated and there appears to be sediment floating around in it, you *might* be able to save it by immediately removing it from the heat and putting a splash of cold heavy cream into the mixture.

How to Prepare the Machine Bowl

Pour 1/2 teaspoon of vodka into a paper towel. Wipe the bottom and sides of the bowl with the vodka. This prevents the gelato from getting icy and from sticking.